



## City of Newton, MA

# INVEST IN YOURSELF

February 2013 Health and wellness newsletter for employees

## CPR/AED: AN OPPORTUNITY TO LEARN

### CITY HALL HEALTH MAINTENANCE CLINIC

**CITY HALL  
ROOM 203,  
10 TO 11 AM  
TUES., FEB 12  
NEW ROOM!**

### ZUMBA

**@ CITY HALL  
WAR MEMORIAL  
WEDNESDAYS  
5:15 TO 6:15 PM  
NEW SESSION  
BEGINNING SOON**



EMAIL  
WELLNESS@  
NEWTONMA.GOV  
TO SIGN UP OR  
CALL (617) 796-  
1420

**SEE REVERSE  
FOR INFO ON  
JAZZERCISE, A  
POSSIBLE NEW  
LUNCH HOUR  
COURSE AT CITY  
HALL!**

An Automated External Defibrillator (AED) is an easy-to-use, automated device which can deliver a lifesaving electric shock to the heart to restore normal heart rhythm during sudden cardiac arrest.

Sudden cardiac arrest is most often caused by an abnormal heart rhythm called ventricular fibrillation that prevents the heart from effectively pumping blood. Treatment is defibrillation, the delivery of an electric shock to the heart that allows a normal rhythm to resume. Survival rates increase the earlier the shock is delivered.

Public access AEDs are available in many public buildings and are intended for use by a trained bystander. AEDs are designed for easy use by non-medical personnel. The machine gives instructions on whether or not to

administer a shock.

Look for the AED in your workplace. Nearly all municipal buildings have one or more.

Reported survival rates from ventricular fibrillation cardiac arrest are as high as 74% when immediate CPR

is provided and an AED delivers the first shock within three minutes of collapse.

In honor of February Heart Month, the City of Newton is raising awareness about AEDs.



### Family & Friends CPR/AED Courses

#### **For City of Newton Employees**

This course is approximately 1.5 hours. It does not provide a certification card you might need for a second job or volunteer position, but it does teach you what you would need to know about performing CPR and using an AED during an emergency.

**You must sign up to participate!**

**wellness@newtonma.gov or (617) 796-1420.**

**Tuesday, Feb. 26, 10:30 a.m. to 12 noon, City Hall 222**

You must have permission from your supervisor to participate if you are scheduled to work.

**Other classes available upon request for groups of employees. The course can be done as part of a regular staff meeting, and takes about 1.5 hours. Email wellness@newtonma.gov for information**

## FEBRUARY HEART DISEASE LUNCH & LEARN



Join us for another exciting Lunch & Learn presented by Linda Walsh, RN, and Teresa Kett, MPH. With February being heart month, its only fitting that the topic of this month is heart disease. Come learn about:

- Signs and symptoms of a heart attack
- Risk factors
- Prevention

**Thursday, Feb. 21, 12 noon, City Hall Room 222.**

A box lunch is provided if you RSVP by Feb. 19 to wellness@newtonma.gov



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## FAMILY HEALTH HISTORY

Your family health history is a very important source of information for you and your family's health.

Genes, behaviors, lifestyles and environments are all major predictors of health in and between families. Most people have a family history of health conditions or chronic diseases and it is important to share this information with your family and your doctor. People who have a close family member with a chronic disease may be more likely to develop that disease.

It is most helpful to have three generations of a family health history, and to



keep track of this information. You will notice if you keep track and update it consistently that you may find patterns.

These patterns and common health conditions like high blood pressure, cancer, and diabetes can be helpful for your doctor to diagnose and prescribe medications more precisely. It may also help your doctor to determine what screenings and tests are necessary and at what time interval they should be done.

Talk to your family and your doctor about your family history.



## TASTY TABBOULEH

*This tasty dish is good for lunch or dinner, and the best part, with its raw vegetables and small fat content, its*



**good for your heart!**

### Ingredients

- 1/2 cup bulgar wheat
- 1 cup warm water
- 1 large ripe tomato cored and diced
- 1 cucumber diced
- 2 scallions chopped
- 1 bunch flat leaf parsley leaves chopped
- 2 tbsp. olive oil
- 1 tbsp. lemon juice or red wine vinegar

### Instructions

1. Put the bulgar into a mixing bowl, add 1 cup of warm water and let stand for at least 2 hours or overnight.
2. After the bulgar is soft, add the tomato, cucumber, scallions, parsley, olive oil and lemon juice.
3. Mix with a spoon or fork, and refrigerate for an hour before serving.

*Taken from chopchopmag.org*

## NEW CITY HALL CLASS: JAZZERCISE

Valery Marcantonio offers this exciting and effective one hour jazzercise dance class. She begins with a thorough warm up, a series of stretching, strengthening and balance exercises, isolation movements all done to various styles of music. An aerobic workout with energetic music keeps the group moving. A jazz combination, using basic steps, will be incorporated into the class. Valery ends with a short cool down to help prevent muscle soreness. All levels invited; no experience necessary. Wear comfortable clothing and bring your smiles and energy! Cost is \$80 for 8 classes.

This class will be offered during the lunch hour at City Hall on a day to be determined, if there are enough people interested.

Email Nancy Scammon if you are interested at [nscammon@newtonma.gov](mailto:nscammon@newtonma.gov)



## Daffodil Days

Jump start your spring while supporting the American Cancer Society. Help provide services, support, and information to people suffering with cancer.

\$10 for 10 daffodils

\$15 for 3 multi-stem bulbs in a pot

\$25 Stuffed bear and bouquet

Last day to order and money due: **2/28/13**

Flowers delivered 3/19 and 3/20

Email: Linda Walsh [lwash@newtonma.gov](mailto:lwash@newtonma.gov) or Fran Nelligan [frances719@hotmail.com](mailto:frances719@hotmail.com) if you're interested in making a donation